



# **The Doctor's Book of Home Remedies for Men: From Heart Disease and Headaches to Flabby Abs and Road Rage, Over 2,000 Simple Solutions**

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Men don't like to ask directions or go to the doctor. In fact, most men are reluctant to talk about anything that's bothering them. That's why there's a major need for *The Doctor's Book of Home Remedies for Men*. It lets men know what they can do for themselves to improve their quality of life. Drawing on the advice of hundreds of top doctors and other experts, it offers more than 1,200 practical tips for dealing with over 170 ailments, problems, and hassles.

Rodale's bestselling *The Doctor's Book of Home Remedies* series has sold over 15 million copies. The series is recognized as the number one source of health and fitness information for men today. This ninth book in the series begins with "Healing from Home," which covers how to choose a doctor, when to see him, and forms of alternative medicine. Next, "Remedies" is a comprehensive A-Z section, touching on topics from abdominal fat and hemorrhoids to Internet addiction and road rage--with plenty of helpful hints on avoiding serious ills like heart disease. Finally, "In Case of Emergency" is an illustrated guide to basic crisis techniques such as CPR and removing a fishhook. This book is peppered with plenty of funny, pertinent medical facts to bring a smile to the reader's face.



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